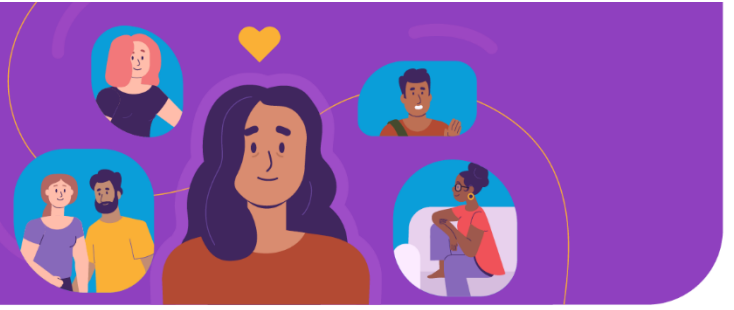


What is a healthy relationship?



What is a healthy relationship?

There are many different types of relationships you can have including with a partner, family member, friend or informal unpaid carer. All healthy relationships should be a positive experience for the people in them.

It's important to understand what a healthy relationship looks and feels like, so you can tell if your relationship is unhealthy, or if you might be experiencing domestic and family violence (DFV).

Healthy relationships

A healthy relationship makes you feel happy, safe and respected. You feel like you matter.

In a healthy relationship you:

- make some decisions together and some decisions by yourself
- are kind, honest and respectful with each other
- trust each other
- both try and make the relationship work
- give each other some privacy
- can talk to each other
- support each other in bad times and you enjoy the good times together
- share your ideas, opinions and problems.

Sometimes you might not agree with each other, and that's ok. When you don't agree, you work together and decide what to do next.

Unhealthy or harmful relationships

Some relationships can be unhealthy. Unhealthy relationships can be, or become, abusive.

It might not be bad all the time – but:

- if you are physically hurt by the other person, you might be experiencing DFV
- if you notice you often feel scared, unsafe, trapped or controlled by the other person, you might be experiencing DFV.

In an unhealthy relationship, the other person might:

- say or do things that make you feel alone, guilty, embarrassed, worn down or invisible or not listened to
- make you question yourself, what you know and your memory
- control things like what you do, who you can visit or talk to, if or when you can leave your home and how you earn or use your money
- make it hard for you to ask for or receive help and support.

If you think your relationship is unhealthy, or if you think you're experiencing DFV, support and help are available.

For more information and support or to watch the video on 'What is a healthy relationship?' visit www.qld.gov.au/neverok.